

ISSUE 41
AUG/SEP 2023

Little Village

FREE MAGAZINE

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A CONSEQUENCE
OF CLIMATE CHANGE - SEE P6



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EDITORIAL

Welcome to the Autumn edition of Little Village. New Dublin bus routes, Festival news and more historical articles feature this month and much more. Our thanks again to Mike Power for his articles about local history.

We welcome local contributions about local news and events. If you want to include an article in Little Village email us at littlevillagenewsdesk@gmail.com

Kind Regards
Little Village



We at little village would like to extend our condolences to Trish, John, Laura & the family of fellow d.15 native Daniel Grant who sadly passed on the 14th of July.

Daniel was a founding member of the Mulhuddart Men's shed almost a decade ago and also assisted this magazine with delivery to tens of thousands of homes in our first year of operation 2016/17

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- Castleknock Hotel
- Elmgreen Golf Club
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- Credit Union Clonsilla Road
- The Greyhound Blanch Village
- The Grasshopper Clonee
- Clonsilla Inn
- The Carpenter Inn
- The Carlton Hotel Tyrrelstown

LITTLE VILLAGE MAGAZINE

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Is recent hot weather a consequence of climate change?

Yes, the recent hot weather can be a consequence of climate change. Climate change is causing the Earth's atmosphere to warm, which is leading to a number of changes in weather patterns. These changes include more extreme weather events, such as heat waves.



Yes, the recent hot weather can be a consequence of climate change. Climate change is causing the Earth's atmosphere to warm, which is leading to a number of changes in weather patterns. These changes include more extreme weather events, such as heat waves.

A recent study by the National Oceanic and Atmospheric Administration (NOAA) found that the number of heat waves in the United States has increased by 50% since 1960. The study also found that the intensity of heat waves has increased, with temperatures now reaching record highs more often.

The recent hot weather in Ireland is also consistent with the



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effects of climate change. In 2022, Ireland experienced its hottest summer on record, with temperatures reaching over 30 degrees Celsius in some places. This heat wave was made more likely by climate change.

It is important to note that climate change is not the only factor that affects weather patterns. Other factors, such as natural variability, can also play a role. However, climate change is making these extreme events more likely and more severe.

As climate change continues, we can expect to see more extreme heat waves in the future. This will have a significant impact on our lives, our communities, and our environment.

Here are some of the ways that climate change is making heat waves more likely and more severe:

- The Earth's atmosphere is holding more heat, which is causing temperatures to rise.
 - The jet stream is becoming more wavy, which is allowing heat to build up in certain areas.
 - The oceans are absorbing more heat, which is causing them to expand and release more water vapor into the atmosphere. Water vapor is a greenhouse gas, so it traps heat in the atmosphere, which further warms the planet.
- We can take steps to reduce our impact on climate change and help to mitigate the effects of heat waves. These steps include:
- Reducing our reliance on fossil fuels and switching to renewable energy sources.
 - Improving energy efficiency in our homes and businesses.
 - Planting trees, which help to cool the air and absorb carbon dioxide.
 - Adapting to the effects of climate change, such as building heat-resilient infrastructure and developing heat-r

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Dearest Residents,

A big thank you to everyone that has supported me since my election in 2019. I will be holding a coffee morning soon for those of you interested to meet me and discuss any changes you would like to be made to your areas. I will also be addressing any concerns around other issues. This year my initiative has been to get as many priority projects completed within their timeframe and therefore, I have been working strategically with the team in Fingal County Council for new initiatives to be kicked off in the areas of Hollystown/Hollywoodrath which has seen tremendous growth.

Punam

A Special Thank You to all the Residents

I would also like to thank all the residents and community members for all the hard work they have put into maintaining their areas. Many residents take the time out of their busy schedule to plant flowers, shrubs and even empty bins when needed. Together, we can bring positive change to our community and create a brighter future for all.

Environmentally Friendly Housing - Extension of Bellingsmore

There are currently 69 houses being built as an extension of the Bellingsmore estate in Hollywoodrath, Dublin 15. I took the time to visit this build and spoke with a few construction workers on site. These houses are being built with state-of-the-art insulation materials. There are also solar panels being added to each of the rooftops, which means that these houses will consume less energy.



Programme of Works 2023

Area	Works Completed
Dunsoghly Dublin 11	Removal of 120 bollards
Lanesborough Dublin 11	Planting of flowers and shrubs
Lanesborough Dublin 11	Hedge cutting
Meakstown Dublin 11	Wildflower and pollinator bedding
Hollystown	Installation of new ramps
Hollywoodrath	Cleaning of Playground
Hollywoodrath	Emptying of bins and maintenance of area
Hollywoodrath Rd	Installation of 1 new ramp
Tyrrelstown	Replacing of new ramps
Mick Walsh Park	Installation of Bottle Bins
Castlecurragh	21 trees planted



Sports Capital & Equipment Programme 2023

The government recently announced increased thresholds for local and regional projects. The Sports Capital and Equipment Programme supports the development of sports facilities and the purchase of non-personal sports equipment. These grants are available to voluntary, not-for-profit sports clubs, community groups, national governing bodies (NGBs) of sport and local authorities, third level colleges, education, and training Boards (ETBs) and schools may only apply for funding jointly with sports clubs or organisations.

Clubs that are not already registered can be registered at www.sportscapitalprogramme.ie. The local project maximum grant has been increased from €150,000 to €200,000 & regional project grant has been increased from €300,000 to €500,000. Applications can be made online only from 9am on 17th July till 8th September at 5pm. A guide to making an application can be found in this link: gov.ie/sportscapital.





Sports Facilities/Events

I had the opportunity to participate in the Castleknock 5km run on the 18th of June and attend the Castleknock Festival along with An Taoiseach Leo Varadkar. Being a runner myself I'm quite keen in promoting sports events because they play a crucial role in promoting physical fitness, wellbeing, and community engagement.

Office Opening Hours

My office is open for clinics every Monday and Tuesday after 5pm. Please contact me by email to make an appointment. Please provide me with your query and preferred contact information and I will promptly reach out to you to coordinate a meeting that meets my schedule.



I thoroughly enjoy canvassing and meeting residents. This is an opportunity for me to hear the issues and challenges that the residents face and do my best to address them. If you would like to take part in canvassing, you can contact me directly for a chance to engage and help within the community.

Summer Project Funding 2023

Tyrrelstown Community Centre	€1,200
Mulhuddart Community Centre	€2,400
Corduff Community Resource Centre	€1,200
Corduff Sports Centre	€2,400
Foroige Tyrrelstown BEAT	€2,400
Foroige Tyrrelstown UBU	€2,400
Foroige BEAT Mulhuddart	€1,800
Foroige BEAT Corduff	€1,800

Ireland's first Cycle friendly (Dutch Style) Roundabout – Church Fields Link Road

Fingal County Council recently opened Ireland's very first Dutch style roundabout, located on the Churchfields Link Road. The roundabout is a part of the Phase1 of the link road and wider project which includes walking and cycling upgrades on peripheral local roads.

This Dutch style roundabout will give an elevated level of comfort and safety to people who are cycling and driving through the roundabout and will slow down vehicle speeds.



My Idea for a Swimming Pool for Tyrrelstown and Hollystown

I have requested for a new swimming pool to be built within the Tyrrelstown/Hollystown areas to accommodate for the lack of recreational activities that will help tackle anti-social behaviour within the community. Work is underway on the Fingal Sports and Physical Activity Plan 2023 to 2028. This will address Fingal's strategic direction in relation to sport over the next 5 years.

This plan will be completed at the end of this summer. A facilities audit of sport and recreational activities across the country has been commissioned and this project is progressing through the procurement process.

New Hollywoodrath Speed Ramps

Speed ramps have been installed on the long stretch of the Hollystown Road, at a total cost of €5,000. Some of the residents of the Hollystown area had requested for these ramps to be installed to curb the speeding of cars on the Hollywoodrath roads and I'm hopeful it will help address this issue.

Porterstown Running Track & All-Weather Pitch

I attended the opening of the Porterstown hub in Dublin 15 which has a new running track and an all-weather pitch. The track is 400m in length and has 6 lanes. This is a brilliant facility for runners to train at a competitive level.



Register to Vote



YOU CAN VOTE. If you are over **18 years of age** and a resident in Ireland, you can vote in the Local elections and have a say in your local area. Local elections decide which individuals represent your area in the local council. The council makes decisions on public services and facilities in your area. Make sure to have your say. If you wish to vote or update your name/ address/nationality you can download the form or register online. To access this, go to the website below and click on www.checktheregister.ie. You do not need to be an Irish citizen to vote in the local elections.



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Councillor

John Walsh

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Dear Resident

I would like to give a short update on some issues which I have been working on. I hope you are enjoying a break over the summer. Please don't hesitate to contact me if I can be of any assistance.

John

UPDATE ON CASTLEKNOCK TO BLANCHARDSTOWN CYCLE PATH

Fingal Council has confirmed that the Castleknock to Blanchardstown via Farmleigh cycle route is included on the National Transport Authority's (NTA) 5 year implementation plan.

- Funding has been made available through the 2023 NTA Active Travel investment grants allocations to progress the project.
- The tender process to appoint designers is underway and the Active Travel team plan to appoint a consultant later this summer.

COMMITMENT TO IMPROVE SAFETY AT COOLMINE ROUNDABOUT

Following concerns raised with me by residents in Carpenterstown about safety at the Coolmine roundabout, I submitted a motion at our Area Committee on 22 June requesting a new pedestrian crossing at this roundabout which is close to Coolmine train station. This roundabout is very heavily used by traffic and currently has no designated pedestrian crossing or traffic calming - we need to provide much better protection for pedestrians and cyclists here.

The Active Travel department of Fingal Council gave a commitment that raised pedestrian crossings for Coolmine roundabout would be included in the scheme for the Castleknock to Blanchardstown cycle route: 'Coolmine roundabout will form part of this scheme. It is envisaged that a designer will be appointed in 2023 and an Options Report will follow circa 8-9 months afterwards, which will include options for the Coolmine Roundabout.'

The Operations department will aim to deliver this element for the Coolmine roundabout in advance of the rest of the scheme.

KELLYSTOWN CEMETERY

There has been a long delay in delivering a new cemetery at Kellystown. Fingal Council has agreed terms with the landowner for the acquisition of land for the construction of a burial ground at Kellystown and this was approved by Councillors in June. Funding of €2 million for the cemetery works has been provided in the capital programme for 2023-2025. A tender process has to be completed and it is expected that construction will take approximately 12 months from the start of the project. I will be seeking another update on this project in the autumn.



NEW LOCAL OBJECTIVE FOR SAFE PEDESTRIAN/CYCLE ACCESS AT GRANARD BRIDGE

The humpback bridge across the Maynooth line and Canal at Castleknock train station (Granard Bridge) is currently unsafe for pedestrians and cyclists due to the narrow footpath and restricted roadspace on the bridge. I proposed a new Local Objective (PA SH 13.8) to address safety concerns, which is included in the Fingal Development Plan 2023-29:

- 'Promote pedestrian and cycle connectivity across the Canal and rail line in the vicinity of Granard Bridge, Castleknock.'

A new bridge on the Laurel Lodge side of Granard Bridge is crucial to provide for safe access at this bridge for walkers and cyclists. I recently received an update on how this objective will be delivered.

Question: Councillor J. Walsh: "To ask the Chief Executive to provide an update on plans to provide safe connectivity for pedestrians and cyclists at/or adjacent to Granard Bridge, Castleknock?"

Reply: The Planning & Strategic Infrastructure Department is currently preparing tender documentation...on a number of sustainable transport projects for the Dublin 15 area. Improved connectivity at this particular location, possibly in the form of a new pedestrian and cycle bridge, is to be included in the scope of works and will be one of the first projects to be commenced as part of this procurement. A consultant is likely to be appointed in Q3 2023 to take this project forward.

SPORTS CAPITAL PROGRAMME

The current round of the Sports Capital & Equipment Programme opened on **Monday 17th July** at 9am and applications may be made online only until **Friday 8th September** at 5pm. The first step in obtaining a grant is to register on the Department's online system at www.sportscapitalprogramme.ie Once registered, all applications must be made on the same website.

- Local project maximum grant has increased from €150,000 to €200,000.
- Regional project maximum grant increased from €300,000 to €500,000.

The "Guide to Making an Application" can be found here: gov.ie/sportscapital

CLONSILLA HERITAGE FESTIVAL

Well done to the organisers of the first Clonsilla Heritage Festival which is going ahead on 16-17 September 2023: the Festival, hosted by Clonsilla & Porterstown Heritage Society, will celebrate the built heritage, local history and biodiversity of Clonsilla.

Working with Cllr Mary McCamley and Cllr Declan Meenagh

Fingal County Council joins forces with “Think Before You Flush” Campaign to protect Blue Flag Beaches

Tuesday, 27th June 2023 – In a landmark collaboration, Fingal County Council has come together with other local authorities from coastal regions across Ireland to pledge their commitment to the “Think Before You Flush” campaign on all Blue Flag Beaches. This initiative aims to raise awareness about the detrimental effects of flushing instead of binning sanitary products on our natural environment including beaches and promote responsible waste management practices among beachgoers.

THINK BEFORE YOU FLUSH

Think before you flush

⚠️ Flushing items such as wet wipes down the toilet can cause pipe blockages and damage our marine environment

Thousands of sanitary products are flushed down the toilet every day, including wet wipes, cotton buds, and facial cleansing pads

2 out of 3 of all drain blockages contain sanitary waste

The waste water system is not designed to deal with large amounts of sanitary waste

Waste water treatment plant

Smaller items that are flushed, such as cotton buds, can escape through treatment filters at the treatment plant and reach our rivers and beaches

Sewage related litter causes harm to the environment and can pollute our water supply and coastlines

Join the campaign at www.thinkbeforeyouflush.org

Think Before You Flush is operated by An Taisce's Clean Coasts programme in partnership with Irish Water

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**Cllr. PAMELA
CONROY**



The “Think Before You Flush” campaign, operated by Clean Coasts in partnership with Uisce Éireann, emphasises the importance of appropriate flushing behaviour and disposal of items including wipes and other sanitary products in the bin, even if they are labelled as flushable. Only the 3 Ps, pee, poo and paper should be flushed down the toilet. When items such as wipes and sanitary products are flushed down the toilet, they can cause serious blockages in sewage systems, leading to sewage overflows and ultimately polluting coastal waters and beaches.

Recognising the urgent need to protect Ireland’s remarkable coastal ecosystems, Fingal County Council has united with other coastal local authorities around Ireland in their commitment to spread awareness about the campaign and promote responsible waste disposal practices.

Under this collaborative effort, participating councils will display Think Before You Flush signage on Blue Flag Beaches, offering clear instructions on appropriate flushing behaviour, highlighting the main items people incorrectly flush down their toilets (the ‘Dirty Dozen’) and encouraging visitors to use designated sanitary waste bins.

By partnering with Clean Coasts and Uisce Éireann’s Think Before You Flush campaign, Fingal County Council aims to foster a culture of environmental responsibility, where individuals can take proactive steps to protect our coastal habitats. The success of this campaign hinges on the participation and support of Fingal’s coastal stakeholders, including the public, beachgoers, residents, and tourists alike.

Sinead McCoy, Coastal Communities Manager at Clean Coasts, expressed her enthusiasm for Fingal County Council’s collaborative efforts and support of the campaign.

“We are thrilled to see Fingal County Council and communities from coastal regions across Ireland joining forces to champion the ‘Think Before You Flush’ campaign on our cherished Blue Flag Beaches. This joint commitment not only underscores Fingal County Council’s dedication to promoting environmental practices but also highlights shared responsibility for our coastal communities.”

Talking about the importance of safeguarding our water and our local environment including our Blue Flag beaches Tom Cuddy, Uisce Éireann said: “Everyday people flush thousands of sanitary items such as wet wipes and cotton buds down the toilet instead of simply putting them in the bin. This causes blockages in our network, pumping stations and wastewater treatment plants and can lead to sewage overflows impacting some of our most beautiful coastal and river locations. We clear approximately 10,000 blockages from our wastewater network every year.”

Tom continued: “We are delighted to continue our partnership with Clean Coasts and collaborate with local councils and communities including those with Blue Flag beaches to preserve and protect our environment and shine a light on the link between what you flush down the toilet and can end up on your local beach.”

Learn more about the Think Before You Flush campaign at <https://thinkbeforeyouflush.org/>

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(Answers on Next Page)

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How to Make a Nutritious Cheap Meal

Eating healthy doesn't have to be expensive. There are many nutritious and affordable meals that you can make at home. Here are a few tips:



Here are a few tips:

- Use beans, lentils, and whole grains. These foods are packed with nutrients and are very affordable. You can use them in soups, stews, salads, and casseroles.
- Buy in bulk. This can save you money in the long run. Look for sales and buy in bulk when you can.
- Stock your pantry with healthy staples. This includes items like canned tomatoes, beans, lentils, rice, pasta, oats, and whole-wheat bread. These items can be used to make a variety of meals.
- Cook at home more often. Eating out can be expensive. Cooking at home gives you more control over your ingredients and costs.
- Get creative with leftovers. Leftovers can be used to make new meals. For example, you can use leftover rice to make fried rice or leftover chicken to make soup.

Here are a few recipes for nutritious and affordable meals:

- Lentil soup: This is a hearty and flavorful soup that is packed with protein and fiber. It is also very affordable to make.
- Chicken stir-fry: This is a quick and easy meal that is perfect for busy weeknights. You can use whatever vegetables you have on hand to make this dish.
- Quinoa bowls: Quinoa bowls are a great way to get a variety of nutrients in one meal. You can top your

quinoa bowl with your favorite vegetables, protein, and dressing.

- Hummus and veggie wraps: This is a healthy and satisfying meal that is perfect for lunch or dinner. You can use any type of hummus you like and top your wraps with your favorite vegetables.

These are just a few ideas for nutritious and affordable meals. With a little creativity, you can easily make healthy meals that won't break the bank.

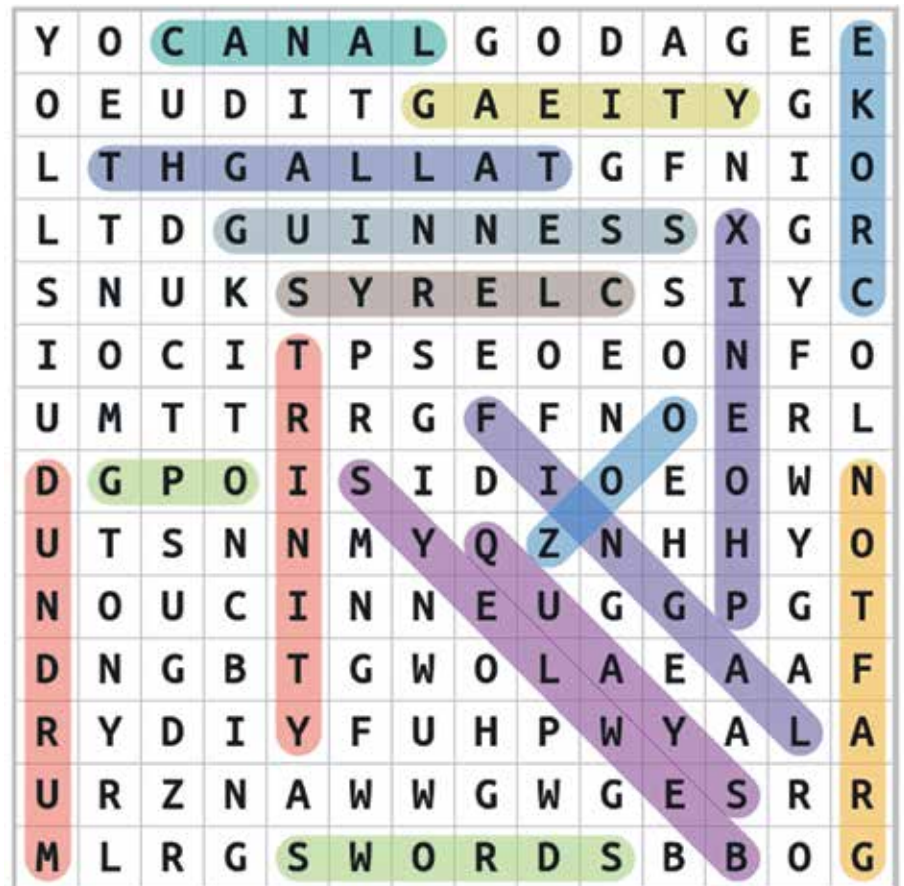
Here are some additional tips for making nutritious cheap meals:

- Use frozen vegetables. Frozen vegetables are just as nutritious as fresh vegetables and they are often more affordable.
- Buy in season. When fruits and vegetables are in season, they are typically more affordable.
- Shop at discount grocery stores. Discount grocery stores often have lower prices on produce and other food items.
- Use coupons and promo codes. There are many websites and apps that offer coupons and promo codes for groceries.
- Plan your meals ahead of time. This will help you to avoid impulse purchases and to make sure that you have all of the ingredients you need on hand.

By following these tips, you can easily make nutritious cheap meals that will keep you healthy and satisfied.

Wordsearch (Answers)

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Phoenix Park Parking Charges

Councillor Colm O'Rourke slams Phoenix Park parking charges as residents voice their outrage



Residents living close to Phoenix Park fear that plans to introduce a car parking tariff will negatively impact local communities

Friday, 19 May 2023

Cllr Colm O'Rourke, local resident and Fine Gael Councillor has criticised plans from the Office of Public Works (OPW) to introduce car parking charges across the entire Phoenix Park.

The proposal to introduce the tariff is part of the Phoenix Park Draft Parking Strategy, which includes 24 recommendations on the future of parking in the Phoenix Park. An online consultation survey regarding the proposals is currently open to gauge the public's views and will close on Monday, 6 June 2023.

There is a growing concern in communities near the Phoenix Park that the car parking charges will negatively impact residents and that the proposal is not a genuine environmental initiative.

Cllr Colm O'Rourke commented that "As someone who has a record of supporting environmental initiatives and has worked to achieve greener communities, this is not a genuine environmental initiative as it will not stop people travelling by car but rather push the car parking, illegal parking, traffic congestion, blocked footpaths and other issues from the Phoenix Park into communities across the Navan Road, Ashtown, Cabra and other areas.

"Rather than pushing the issue from one jurisdiction controlled by the Office of Public Works (OPW) to another jurisdiction controlled by Dublin City Council, the root cause of the issue should be tackled to ensure we have a greener Park but also to ensure that our communities are protected.

Cllr O'Rourke added that "There are several proposals in the Phoenix Park Parking Strategy that are very much welcome and exciting such as increased cycle parking, increased cycle hire and the possibility of enhanced public transport availability/reintroduction of a shuttle bus within and close to the Park but parking charges would negatively impact our community. There are parking issues in the Park on a certain number of days in the year, mainly weekends in the summer, therefore a blanket 365 day parking charge is not appropriate.

Responding to the large volume of feedback from residents, Cllr O'Rourke stated: "More and more residents are becoming aware of this proposal, and as a result, I have received a huge volume of residents queries to say that it would be a move in the wrong direction for the nearby communities. Residents fear that the car parking charge proposal will not force the public to use public transport but rather see people park their vehicles in nearby communities, on footpaths, on grass verges, and congest our communities that should be liveable, breathable, with spaces for people to use and streets for kids to play."



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The Royal Canal

The Royal Canal is a 144-kilometer (89-mile) long canal that runs from Dublin to Longford. It was built in the late 18th century and was originally used for freight and passenger transportation. Today, the canal is a popular destination for recreation, with walkers, cyclists, and boaters enjoying its peaceful setting.



The Royal Canal starts in Dublin at Ashtown Lock, which is located just north of the city centre. The canal then winds its way through the counties of Kildare, Meath, Westmeath, and Longford, passing through a variety of landscapes, including rolling hills, farmland, and forests.

There are several interesting places to see along the Royal Canal, including the Chapel Royal in Dublin, the Dunsink Observatory, and the Longford Canal Museum. There are also several cafes, pubs, and B&Bs located along the canal, so you can easily find a place to stop and rest.

If you're looking for a peaceful and scenic place to enjoy the outdoors, the Royal Canal is a great option. Whether you're walking, cycling, or boating, you're sure to enjoy your time on this historic waterway.

Here are some of the things you can do on the Royal Canal:

- Walk or cycle the towpath. The towpath is a level, paved path that runs alongside the canal for most of its length. It's a great place to go for a walk or bike ride, and you'll often see people fishing, walking their dogs, or just enjoying the scenery.
- Go boating. You can rent boats from a number of places along the canal, and there are also a few companies that offer guided boat tours.
- Visit the Chapel Royal. The Chapel Royal is a small, 18th-century church that's located on the banks of the canal in

Dublin. It's worth a visit to see the beautiful interior and the stunning views of the canal.

- Explore the Dunsink Observatory. The Dunsink Observatory is a working astronomical observatory that's located just north of Dublin. It's open to the public for tours, and you can also see the telescope through the telescope viewing gallery.
- Visit the Longford Canal Museum. The Longford Canal Museum is located in Longford Town, and it tells the story of the canal's construction and history. There are also exhibits on the local wildlife and the canal's role in the development of the region.

Here are some tips for planning your trip to the Royal Canal:

- The best time to visit the Royal Canal is during the spring or fall, when the weather is mild.
- There are a number of places to rent bikes along the canal, so you don't need to bring your own.
- If you're planning on walking the towpath, be sure to wear comfortable shoes.
- There are a number of cafes and pubs located along the canal, so you can easily find a place to stop for refreshments.
- If you're planning on boating, be sure to check the weather forecast before you go.

Visit the Royal Canal in Dublin. It's a great place to enjoy the outdoors and learn about the history of this important waterway.

Senator Emer CURRIE

Fine Gael Spokesperson for Special Education, Inclusion and Northern Ireland

Seanad Éireann, Leinster House,
Kildare Street, Dublin 2.

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emer.currie@oireachtas.ie



AIRPORT BUS COMING TO BLANCHARDSTOWN IN 2024

Following years of campaigning, I'm delighted to say an airport bus from the Blanchardstown area is due to commence in 2024. The new N8 bus will be implemented as part of Busconnects, connecting Blanchardstown Shopping Centre with Dublin Airport and Clongriffin.



The timetable starts at 5am and runs to 11pm Monday to Friday, with a 30-minute service from 6am to 10pm. There are variations on Saturdays and Sundays.

I'm sure, like me, you can't wait for this service to start.

Looking for a day out over the summer?

This summer, check out our newest attraction in Dublin 15. The stunning Shackleton Gardens is a 1.5 acre walled garden carefully restored by Fingal County Council and home to a wide range of rare and exotic plants. At the weekend you could visit Beech Park and the Eco-Farm next door too. This is part of the new Liffey Valley Trail, which I was part of creating along with Cllr Siobhan Shovlin, to support Dublin 15's visitor and tourism assets.

OPENING HOURS:

Mon/Tues/Wed/Thurs: 10 a.m.-4 p.m.

Fri: 9 a.m.-1 p.m. · Saturday & Sunday: 10 a.m.-5 p.m.



Hot School Meals Delivered for all primary and special schools

In the Seanad I called on Minister for Social Protection Heather Humphreys to extend hot school meals to all special and Deis primary schools across the country earlier this year. Not only did she agree to this, but soon after an announcement followed that all primary schools can now apply to this scheme. This will save a lot of money and headaches for families and parents.



Porterstown Park Recreation Hub

If you haven't been to see the new all-weather running track and football pitch in Porterstown Park I would highly recommend a visit. It will be managed by Castleknock Celtic and Metro St Brigid's Athletic Club and represents a €2 million investment in the area.

My call for toilets in the Phoenix Park

I have written to the Office of Public Works (OPW) about the ongoing intolerable state of affairs where there is no access to public toilets outside of the main attractions in the Phoenix Park. Places like the Visitor Centre, the Tea Rooms and the Biodiversity Centre, where toilets are situated, close their doors in the evening and have limited access during the week.

The availability of Eco-Toilets should be part of the solution, suited to more remote parts of the Park that attract high footfall.



They have been a success in Mulhuddart Cemetery and Shackleton Gardens. If you want to find out more, you could listen back to my interview with Newstalk's Sean Moncrieff.

As a top visitor attraction and local amenity, the Park should have universal toilet access.

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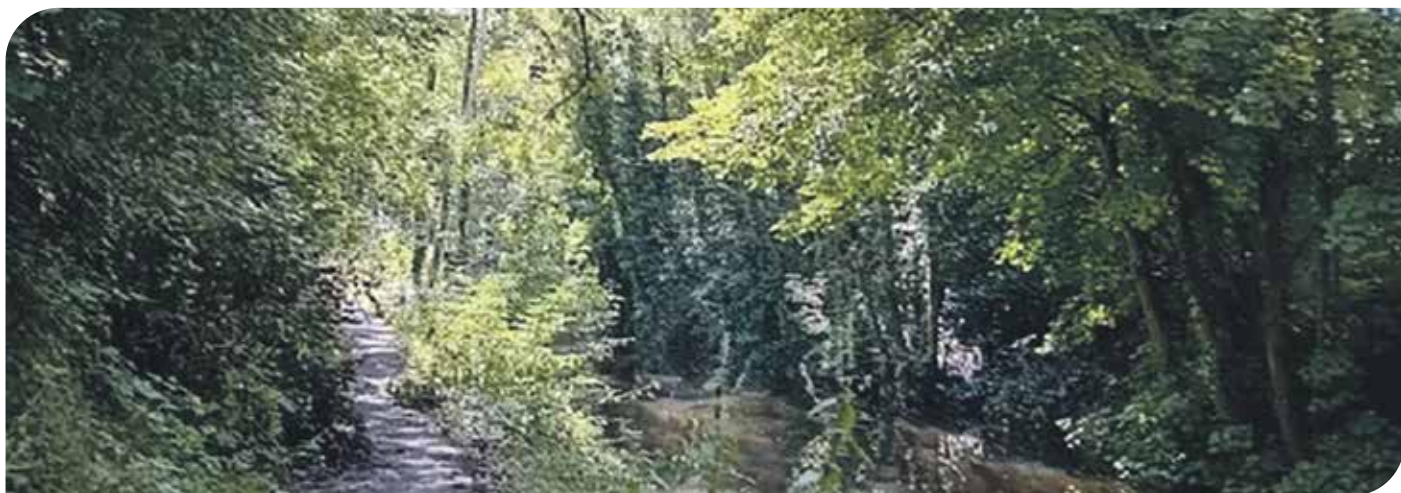
Cllr Colm
O'Rourke

Cllr Punam
Rane

Cllr Siobhan
Shovlin

Clonsilla Heritage Festival

This September will see the Clonsilla Heritage Festival, run across multiple venues, on Saturday 16th and Sunday 17th September. A little seed of an idea - which in spring seemed far too ambitious - has blossomed under the goodwill shown to it by all those approached to take part.



The festival starts, on Saturday morning, with a guided heritage walk around Clonsilla and Porterstown, taking in the Royal Canal as part of the tour. Following this, head to Shackleton's Gardens to listen to Craobh Slí Dhala trad band, while enjoying Clonsilla's prettiest walled garden. Then, pop next door to Beechpark Eco Farm, to take a behind the scenes tour of the farm itself. Michael will have the Farmshop & Cafe open all day, for anyone looking for refreshments afterwards! The last event of the day is a series of heritage talks in Clonsilla Hall, on Clonsilla's Industrial Heritage: namely the History of the Royal Canal and Shackleton's Mill. The heritage talks will be complemented with an exhibition, on the restoration of the canal, by the Royal Canal Amenities Group.

To follow the Royal Canal theme, skipper Jenny Wren, of Royal Canal Boat trips, will run 1 hour boat trips during the weekend, for people to enjoy their local waterway!

Sunday will see another series of walks and talks. A guided walk around Luttrellstown Lakes & Glen will be followed by more music, by Blanchardstown Brass Band, in Shackleton's Gardens. Afterwards, take a guided Wildflower Walk along the Royal Canal. The last event of the heritage festival is a special one. In the beautiful surroundings of St Mary's Church, listen to our two final

heritage talks, on the Clonsilla Horse Poisoning Incident and one on the Flora & Fauna of Clonsilla.

The Clonsilla Heritage Festival would not be possible without the support of the many talented people who have agreed to share their time and knowledge with us. Many thanks go to Royal Canal Boat Trips, Beechpark Eco Farm, Rev Colin McConaghie of St Mary's, Patrick Smith, Bernard Caldwell, Terry Flanagan, Carol Doyle, Peter Clarke, Joe Byrne, Frank O'Connor, the Royal Canal Amenities Group, Craobh Slí Dhala and the Blanchardstown Brass Band. Thanks also goes to Fingal County Council for their support for our heritage festival.

As a new heritage society (est. 2023) the Clonsilla & Porterstown Heritage Society aims to celebrate the natural and built heritage of the wider Clonsilla area. With our monthly outings to local places of interest, a walk planned for Heritage Week (August), our 2-day Heritage Festival and Culture Night (September) and participation in Fingal's Festival of History (October), there's something for everyone to enjoy!

Tickets for all walks & talks in the festival will be €5 per person and tickets for the boat trips will be €10 per person. Tickets will be available to book via Eventbrite (in August). For more information or to be added to our distribution list, please contact cpheritagesoc@outlook.com.



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SCAM EFLOW TEXT MESSAGES

A text message scam telling recipients they owe toll charges to eFlow is still widely circulating according to Bank of Ireland (BOI).

The fraudulent messages have been circulating since February, with up to 10 fake eFlow websites being set up by fraudsters in a day.

The fake messages tell the recipient they have outstanding toll charges, directing them to click a link contained in the message to pay the balance.

The website linked to in the text message is not genuine and aims to collect the victim's card and banking details.

"Smishing attacks tend to come in waves, and previously we have seen fraudulent messages appearing to be from delivery services, utility companies, Government agencies or banks," BOI's head of fraud Nicola Sadlier explained.

"But this latest attack, with fraudsters sending messages purporting to come from eFlow, has lasted now for several months, which is unusual."

The bank warned it predicts more fraudulent texts will circulate pretending to be Irish brands over the coming months, "particularly electricity and gas companies," Ms Sadlier said.



"eFlow has advised that they do not send text messages with links to confirm account or payment details. Text messages purporting to be from any company should be treated with extreme caution – the general rule is to stop, think and check," she added.

If you receive a text message that you believe to be a scam, BOI advise that you do not click the link or respond to the message. Instead, take a screenshot of the text and then delete it before reporting the matter to your bank. If you believe you have given your information to a fraudulent website, contact your bank immediately.

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EVICCTIONS

There has been an outpouring of anger by elected representatives as new figures reveal that more than one hundred households have been evicted into homelessness in the South Dublin County Council area in 2023. The figures were released by South Dublin County Council following a question submitted by People Before Profit Councillor Madeleine Johansson.



South Dublin County Council confirmed that there had been 116 new presentations to the Homeless Unit because of Notices to Quit from landlords from January to end of May 2023. It was also confirmed that only 4 properties had been purchased in the Palmerstown/North Clondalkin/Lucan area under the tenant-in-situ scheme. 48 landlords in the area have expressed an interest in selling their property to the council with a tenant in situ.

Councillor Madeleine Johansson commented: "It's absolutely outrageous that more than a hundred households have been evicted into homelessness by private landlords. These are families and individuals who are now in emergency accommodation with no real prospect of finding permanent accommodation."

"I'm myself at risk of homelessness since I received a Notice to Quit from my landlord last October so I know the stress and trauma that these people are going through. It's a disgrace that successive Fianna Fail and

Fine Gael governments have refused to build public housing and relied on the private market for housing. This policy has completely failed for ordinary people while lining the pockets of landlords and developers."

People Before Profit TD for Dublin Midwest Gino Kenny added: "I'm getting more and more people contacting my office because they are at risk of homelessness or already homeless. People are spending years in emergency accommodation because they just can't find any private rented homes."

"It's absolutely infuriating to see that only 4 properties have been bought by South Dublin County Council under the tenant in situ scheme in the Palmerstown/Lucan/North Clondalkin area. This was supposed to be the government's solution to prevent homelessness. It's clearly not working and we need urgent action now to tackle the housing emergency."

"We need to re-instate the eviction ban to prevent any more families and individuals ending up in homelessness."

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Normal People

by Sally Rooney

This novel follows the complex friendship and relationship between two teenagers, Connell and Marianne. Weaving in and out of each other's lives over the years, they develop an intense bond that brings to light the traumas and insecurities that make them both who they are.

The Searcher

by Tana French

Cal Hooper thought a fixer-upper in a bucolic Irish village would be the perfect escape. After twenty-five years in the Chicago police force and a bruising divorce, he just wants to build a new life in a pretty spot with a good pub where nothing much happens. But when a local kid whose brother has gone missing arm-twists him into investigating, Cal uncovers layers of darkness beneath his picturesque retreat, and starts to realize that even small towns shelter dangerous secrets.

Exciting Times

by Naoise Dolan

Ava is newly arrived in Hong Kong from Dublin and spends her days teaching English to rich children. Julian is a banker who likes to spend money on Ava, but can't say that he loves her. Edith is a Hong Kong-born lawyer, striking and ambitious, Edith takes Ava to the theater and buys her flowers. Ava wants to be her, and wants to be with her. When Julian writes to tell Ava he is coming back to Hong Kong, will

she return to the easy compatibility of Julian or take a leap into the unknown with Edith?

Out of Love

by Hazel Hayes

Out of Love begins at the end. Angel and Theo call it quits after nearly five years, and while holding a box of her ex-boyfriend's belongings, Angel wonders: How could they have spent so long together? When did they fall out of love? Were there good times before the bad? But instead of moving forward through the emotional fallout of a break-up, Out of Love moves backward in time, weaving together an already unraveled tapestry, from tragic ending to magical first kiss.

Small Things Like These

by Claire Keegan

It is 1985 in a small Irish town. During the weeks leading up to Christmas, Bill Furlong, a coal merchant and family man faces into his busiest season. Early one morning, while delivering an order to the local convent, Bill makes a discovery which forces him to confront both his past and the complicit silences of a town controlled by the church.

We Are the Brennans

by Tracey Lange

When twenty-nine-year-old Sunday Brennan wakes up in a Los Angeles hospital, bruised and battered after a drunk driving accident she caused, she swallows her pride and goes home to her family in New York. But it's not easy. She deserted

them all—and her high school sweetheart—five years before with little explanation, and they’ve got questions. Sunday is determined to rebuild her life back on the east coast, even if it does mean tiptoeing around resentful brothers and an ex-fiance. The longer she stays, however, the more she realizes they need her just as much as she needs them.

Solar Bones

by Mike McCormack

Once a year, on All Souls’ Day, it is said in Ireland that the dead may return. *Solar Bones* is the story of one such visit. Marcus Conway, a middle-aged engineer, turns up one afternoon at his kitchen table and considers the events that took him away and then brought him home again.

From a Low and Quiet Sea

by Donal Ryan

This novel follows the different stories of three men, each searching for some version of home, their lives moving inexorably towards a reckoning that will draw them all together.

Last Ones Left Alive

by Sarah Davis-Goff

Raised by her mother Maeve on Slanbeg, an island off the west coast of Ireland, Orpen has a childhood of love and stories by the fireside. But the stories grow darker, and the training begins. Ireland has been devoured by a ravaging menace known as the skrake, and though Slanbeg is safe for now, the women must always be ready to run, or to fight. Orpen is then faced with a tumultuous dilemma, so she sets off on a journey that will test her to her limits, on which she will learn who she really is, who she really loves, and how to imagine a future in a world that ended before she was born.

The Pull of the Stars

by Emma Donoghue

Set in 1918 Dublin during the height of the Great Flu pandemic, this novel follows Nurse Julia Power as she works at an understaffed hospital in the city center, where expectant mothers who have come down with the terrible new Flu are quarantined together. Into Julia’s regimented world step two outsiders—Doctor Kathleen Lynn, a rumoured Rebel on the run from the police, and a young volunteer helper, Bridie Sweeney. During their three days together, these women change each other’s lives in unexpected ways. From grappling with the loss of patients from the pandemic to delivering new life into the world, these women discover that with tireless tenderness and humanity, carers and mothers alike somehow do their impossible work.

Actress

by Anne Enright

This is the story of Irish theatre legend, Katherine O’Dell, as written by her daughter Norah. It tells of early stardom in Hollywood, of highs and lows on the stages of Dublin and London’s West End. Katherine’s life is a grand performance, with young Norah watching from the wings. But as Norah uncovers her mother’s secrets, she acquires a few of her own. Then, fame turns to infamy when Katherine decides to commit a bizarre crime. *Actress* is about a daughter’s search for the truth: the dark secret in the bright star, and what drove

Katherine finally mad.

Pond

by Claire-Louise Bennett

This novel is a collection of twenty short stories, all told from the perspective of one woman, who lives a solitary existence on the outskirts of a small coastal village. Focusing on the details of her daily life, from how she eats her porridge to the ending of an affair, all are written in story-length, story-like stretches of narrative, sometimes in fragments no longer than a page.

Unraveling Oliver


by Liz Nugent

This novel follows happily married couple Oliver and Alice Ryan, award-winning children’s books writers and illustrators. Their life together is one of seeming enviable privilege and ease, until one evening after a delightful dinner, Oliver delivers a blow to Alice that renders her unconscious, and subsequently beats her into a coma. In the aftermath of such an unthinkable event, as Alice hovers between life and death, the couple’s friends, neighbors, and acquaintances try to understand what could have driven Oliver to commit such a horrific act.

Milkman

by Anna Burns

Set during The Troubles in Northern Ireland, the story follows an unnamed 18-year-old girl as she begins being harassed by a local paramilitary known as the milkman, as the girl attempts to avoid him and keep spreading rumors at bay.




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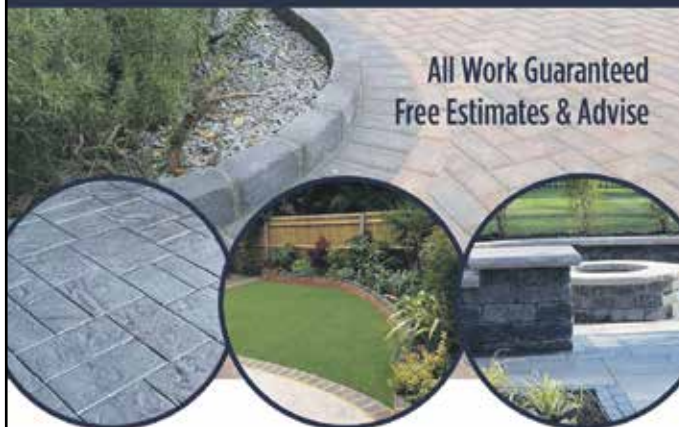
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The DMR West includes Blanchardstown, Finglas, and Cabra, along with other areas in South Dublin. Recent data reveals approximately 15,000 active criminal investigations in these regions. Around 10% of all Garda resignations are from DMR West Garda Stations. Figures from the Joint Policing Committee for Fingal, of which I am a member, clearly indicate that Blanchardstown Station is understaffed and lacks resources, putting immense pressure on its members and exacerbating issues due to population density and demographics.

The recent data from the Central Statistics Office highlights the challenging policing reality in Dublin 15 within the DMR. With a population close to 100,000, comparable to Limerick City, Dublin 15 is served by only one Garda Station, while Limerick City has three. This is not to suggest reducing resources for Limerick but rather to emphasize the need for additional resources in Dublin 15 and Blanchardstown Station to better serve the community. Since taking office I have lobbied for an additional Station within the Ongar/Hansfield Development. The lack of appropriate manpower and associated resources diminishes the ability of the members and management in Blanchardstown Station in supporting the community to the best of their ability. Something they must do, but something they clearly want to do.

The ongoing Hansfield Strategic Zone residential development adds to the area's population, and other nearby areas like Barnhill and Kellystown are also seeing development prospects. Although no approvals have been granted yet for Kellystown, it is likely that development applications will be submitted in the future. Since taking office I have lobbied for an additional Station within the Ongar/Hansfield Development.

I have communicated with the Minister for Justice who holds statutory responsibility and oversight for policing, to advocate for appropriate resources for Dublin 15. Dublin 15 is clearly being left behind despite senior ministerial portfolios being held by D15 TDs. The residents expect and deserve adequate support, and I eagerly await a positive response and a suitable solution to address this issue.

Celebrating 10 Years of Dancing

Running for the last 10 years, 'Create Dance' is a core part of Draíocht Blanchardstown's Sensory Friendly programming.



This fun, innovative dance project encourages young dancers, aged 5-18 years, who have a variety of intellectual disabilities and abilities, to dance and move every Saturday afternoon in Draíocht. Dancers and facilitators, Mark Rogers, Kevin Murphy and Jess Rowell, work together with participants and their parents to explore all types of dance and free movement.

Even during Covid, the dancing continued online in weekly workshops over Zoom with Jess Rowell, Draíocht's then Dance Artist in Residence, using a mixture of pre-recorded classes, video messaging, emails and live workshops. This culminated in a film documentary called 'Chance of Dance', available on Draíocht's YouTube channel.

"The engagement, the fun, the importance of connection, the importance of access for everyone to be their creative selves is captured in 'Chance to Dance'. It demonstrates the commitment from all involved to make this project happen against a backdrop of ever-changing circumstances. It is a beautiful thing and a joy to watch." Emer McGowan, Director Draíocht

To celebrate 10 years of dancing, and with thanks to funding from the Arts Council's Young Ensembles Scheme, dancers Jess Rowell, Kevin Murphy and Mark Rogers worked alongside musician Alessandro Zangrando, to support and lead the senior members of Create Dance, to further explore their personal style of dance in response to live music, in a specially constructed weeklong Summer Project in Draíocht. After

5 days of intense dance practice, and months of work and original choreography, members presented their showcase 'Going Solo', to a thrilled audience of family and friends, and special guest Cllr Angela Donnelly. The applause was rapturous! Create Dance Members were presented with a Create Dance hoodie and an end of term pizza party and thrilled parents and grandparents expressed their delight about this first big solo show;

"What an absolute joy to watch." Jenny, parent of Helena, Create Dance troupe Member

"For us to see her so happy is wonderful! To see her on stage expressing herself with such confidence is one of the best feelings in the world. We are so grateful to all involved." Susan, parent of Naomi

"I am truly grateful for Jason to express himself through the universal language of dance. Inclusivity is imperative to us as a family and Create Dance is the definition of inclusivity. Thank you from our children. Such an amazing platform." Lisa, parent of Jason

"Daniel really enjoyed the week, spending time with his friends, learning new dance routines and moves. Daniel's Grandad and Auntie loved the showcase - it was great for them to see Daniel perform." Christine, parent of Daniel

Create Dancers take a well-earned break until September, when they will return for their weekly Saturday classes to Draíocht's Workshop Room. To find out more about Create Dance and join the waiting list for new members, please email sarah@draiocht.ie or visit www.draiocht.ie

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- ➔ Helping to bring communities together and assisting them with improving where they live.
- ➔ Providing clean and safe streets and public spaces.



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NEW CUPRA BORN

Electrified Sportiness. by Declan Glynn



The new CUPRA Born is the first 100% electric vehicle from the Spanish car manufacturer, and it delivers sustainability, emotional design and instantaneous performance. The five-door family hatchback stands out with styling that is sporty and distinctive, a range of up to 540km, and a chassis designed to stimulate the senses. The front end of the car is characterised by a distinctive LED lighting signature, dynamic bonnet creases and an eye-catching copper CUPRA badge. Contrasting C-Pillars have a floating design, while puddle lights beam the CUPRA logo on to the ground from the door mirrors. The distinctive style of the CUPRA Born continues at the rear, with LED lights that run 'coast-to-coast' for maximum visual impact.

Engaging Driving Experience

Like its close relative, the Volkswagen ID. 3, the CUPRA Born is driven by its rear wheels for a sportier feel and a more engaging driving experience, and it also shares its electric powertrain with the ID. 3. Designed and developed at CUPRA's headquarters in Barcelona, the CUPRA Born marks a new era in electrification for the brand, joining PHEV variants of the CUPRA Leon, CUPRA Leon Sportstourer and the CUPRA Formentor in the electrified portfolio. CUPRA's first fully-electric model proves to be one of the safest in the market after achieving a full five-star rating during the Euro NCAP car safety assessment programme's rigorous testing.

Power, Battery & Charging Options

The CUPRA Born's electric powertrain is available in a

choice of 204PS (150kW) and a 231PS (170kW) e-Boost pack with the latter accelerating from 0-100km/h in 6.6-seconds. Two battery options at present - 58kWh and 77kWh - deliver ranges of up to 427km and 552km respectively. When charged on a 170kW network, the Born can go from 5% charge to 80% charge in just 35 minutes, and it can also recoup 100km of range in as little as seven minutes. Additionally, the car can be charged from 0-100% via a domestic wallbox charger (11kW) in six and a quarter hours. The electric motor is located above the rear axle, while the battery sits low between the front and rear axles, delivering a low-slung centre of gravity and almost perfect 50:50 weight distribution. Five driving modes - Range, Comfort, Performance, Individual and CUPRA (e-Boost only) - enable the driver to choose a mode to suit their individual driving style.



Driver-Focused Cockpit

The dynamic nature of the Born continues inside with a driver-focused cockpit and 12" infotainment system tailored to our increasingly digital lifestyles. Users can access online services, an ecosystem of downloadable apps and service features as well as remote access and charging via the My CUPRA app, or charge their mobile devices using the standard wireless Qi charger. CUPRA's environmental commitment extends well beyond the electric powertrain with standard bucket seats that use SEAQUAL™ Yarn made from upcycled marine plastics and door panels and arm rests made from Dinamica™, another recycled material. The Born is more spacious than its external footprint might initially convey, with ample space on offer for up to five passengers, along with a 385-litre boot space that can be expanded by folding down the 60/40 split-folding rear seat backs when required.

Car on Review.

My CUPRA Born 204PS 58kWh review car was finished in Aurora Blue premium metallic paint, and was fitted with optional 20-inch Hurricane Sport Black alloy wheels and Granite Grey Dinamica™ Bucket Seats – in place of standard 18-inch CYCLONE alloy wheels and CUPRA Bucket Seats with SEAQUAL™ Yarn. Additional optional equipment fitted to my review car included an Augmented Reality Head-Up Display and a Protect Pack. Key standard features include rear privacy glass, full LED lights, sports suspension, heated front seats and steering wheel, 12-inch touchscreen with navigation, 5.3-inch Digital Cockpit, rear view camera, front and rear

parking sensors, CUPRA Drive Profile, adaptive cruise control, advanced keyless entry and start, wireless charging, and Light Assist (Auto Highbeam), along with a CUPRA Care Plan. Producing 204PS (210bhp) and a respectable 310Nm of instant torque, the car can complete a 0-100km/h sprint in just 7.3-seconds, and it feels sprightly and confident at all times. This punchy performance, and rear-wheel drive format, means the Born feels as supremely agile around town as it does on a motorway. The car sits lower to the ground than the ID. 3 on which it is based, and it has a sportier suspension set-up too. The Born also gets specifically developed wider tyres and optimised brake feel, resulting in a sharper and more engaging feel on twisty back roads. The car feels comfortable, composed and well-controlled over even the worst road surfaces, and driving on a smooth motorway surface enhances the Born's exceptional refinement. The car feels light and airy inside, and a deep windscreen, along with a slightly raised-up driving position, means you get great forward visibility. five-star rating during the Euro NCAP car safety assessment programme's rigorous testing.

Verdict & Pricing

Despite its environmental credentials, the CUPRA Born remains a driver's car first and foremost. Its striking exterior design, spacious and well-appointed cabin, strong electric range, and excellent driving dynamics make the Born an excellent all-round fully-electric family car in every respect. Pricing for the new CUPRA Born starts at €48,110 (exclusive of an SEAI Grant and VRT relief for private buyers – terms & condition's apply).



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Blanchardstown shopping centre put up for sale with €725 million price tag



The sale comes months after a €450 million apartment development was approved for a site beside the centre.

The Blanchardstown shopping centre is being put up for sale with a price tag of €725 million.

The centre, which is Ireland's largest shopping destination, was acquired by current owners Goldman Sachs in a €750 million deal in December 2020. It was bought as part of a package that included two retail parks, external retail units and a five-storey office block.

Major tenants in the centre includes Penneys and Marks & Spencer, with a Nike concept store recently opening at the centre. There are 180 stores throughout

the property.

The Irish Times reports that Goldman Sachs have appointed real estate investment bank Eastdil Secured and CBRE to lead the sale. The guide price for the centre is between €650 and €725 million.

Back in January planning permission was secured for a 971 apartment development beside the centre at the white car park. The development will cost around €450 million.

The development will go as high as sixteen storeys and was met with concern by businesses within the centre's retail park. There will be seven blocks within the scheme.

Your History - Your Home Ongar

by Mike Power



‘All is changed, changed Utterly.....’W B Yeats.

Yeat’s poem underlines the fact that constant change is the order of the day in nature and also in our own lives too. Dublin has been pushing steadily westwards and northwards since the early corporation housing schemes of the ‘30s and 40s and swallowing up whole countryside’s of previously virgin farmland. Certainly, today, Dublin 15 overall is having a housing boom, attracting people from many different backgrounds to set up their homes here. Connections to the Luas green line, easy access to motorways and a pleasant living environment all speak loudly in the areas favour.

Ongar didn’t exist on the map until the fabulously-wealthy Aga Khan (‘Elder Lord’) ,dynasty bought a local Clonsilla stud farm, naming it Ongar (‘Grass-Land’) Stud

in the 1920s.The Aga Khans were hereditary chiefs of one group of Indian Shiite Muslim’s and closely allied to the British of those imperial times. The family always had an interest in bloodstock and breeding horses, so it was natural they’d find their way to the flat and fertile farms of west Dublin.

The family had been buying land all over Ireland then. Older readers will recall the ‘Aga Khan’ trophy being the main event contested for in the international horse-jumping shows at the Dublin horse show. In fact, this whole area of Dublin 15 has become home to many horse-breeding establishments.

Ongar, straddling the Dublin-Meath border as it does today , has now developed into a vibrant, prosperous and multicultural locality. Interesting to note that the

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**Cllr. PAMELA
CONROY**



population of Blanchardstown in 1837 was a mere 57 houses and 342 souls. In 2022 the figures stood at 70,000, the size of a small city.

The last thing you would have connected with this very rural part of Dublin 15 would have been the glitz and glamour of the capital of the film world, Hollywood. This is how it happened...

In 1949, the Aga Khan of that day had married the pin-up girl of those days, Rita Hayworth. Rita was born Margarita Cansino in Brooklyn in 1918. Her dad was of Spanish origins, giving Rita the sultry good looks that made her name.

Posters of Rita posing attractively with her flame-red hair and 'girl-next-door' looks were an ubiquitous feature of many American GIs' barracks.

She made her film debut, aged only 16 yrs, in a film called Dante's Inferno in the 1930s. Rita made over 61 films, many of them during World War 2, when she established herself as the popular pin-up for US forces abroad long with her fellow sex-symbol Betty Grable.

Film buffs of the Shawshank Redemption (Oct 1994) will recall a poster of Rita covering the escape hole for the Andy Dufresne character in that film. Rita was married 5 times but often said that Ireland (and Ongar Farm) was a very special place for her, and she continued to visit the

place, even though no longer married to the owner!

Hollywood was a cut-throat business then. In order to improve her looks she changed her natural brunette hair to ginger-red and had electrolysis to raise her eyebrows and smoothen her forehead. In 1949 her lips were voted 'best pout of the year' by the United Artists Guild! One major hit film for her was You Never Looked Lovelier (1942) with Fred Astaire. Astaire agreed that Hayworth was one of the finest dancers he'd ever worked with.

Finding roles hard to come by in the 1960s, she did a lot of TV work instead. Her last film role was in a film called 'The Last Wrath of God' 1972. Sadly, Rita had been developing the symptoms of early-onset dementia exacerbated by her chronic alcoholic habit in her 40s, making it very hard for her to remember her lines. She passed away in 1987, aged 68 yrs.

In 2001, Manor Homes bought Ongar Farm, promising to build 243 homes there. Today the count stands at over 2,000. The 'Ongar House' we see today is just a facsimile, the original building having burnt down in Sept 2002. Another famous house in this locality, Luttrellstown House, was the scene of 'Posh' and 'Beck's' marriage in July 1997.

This is Ongar, a place with a showbiz heritage and a bright exciting future!



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IT'S BBQ SEASON

It's that time of the year again, and if we have a summer half as good as last year, we are sure to be enjoying many barbeques throughout the summer holidays.

It's hard to explain but there is just something about the smell of a barbeque that really reminds people of summer and makes you want to light up the barbeque and get outdoors. So, it's barbeque season and that means time to either dust off the cobwebs or go out and pick up your brand-new barbeque. Like most things in life, there is more choice available to the customer than ever before and it's no different when selecting from a wide variety of barbeques which are available to suit everybody's budget. A disposable barbeque can be bought in most supermarkets for as little as €5.95, but this is only ideal for one use and is really only for the most entry level person. Spend a further €20 and a 45cm round charcoal can be yours for just €24.95.

Little Village would advise its readers to invest in a good quality barbeque. This means taking the next step up and paying that little bit more for a good propane barbeque. Propane barbeques can range in price from as little as €50 right up to €500. Selecting the right barbeque for your family is very important as it will become the centre piece of many a summer's day and night over the coming months. Our advice is to go to a local DIY or home store, take your time and talk to an experienced member of staff about the range of barbeques which are currently available and that suits your budget.

1. Barbeque

It is best to invest in a good quality barbeque that caters for all the family. A good quality propane barbeque is available from €125 - €280. The difference in price will be determined by the range of features and this will encompass the size of the barbeque, having a stainless-steel hood, the number of burners, a side burner, flame tamer and a warming rack along with adequate storage space underneath. The price of a barbeque can be determined by its guarantee, its quality and its range of functions.

2. BBQ accessories

These are required to make the barbeque experience as enjoyable as possible. Nobody wants to look like an amateur while turning meat or skewers when the all-important neighbours are around! With this in mind, it is best to invest in a stainless steel, dishwasher proof spatula, fork and basting brush while not forgetting to buy the equally important heavy duty barbeque cover to protect it against the winter elements.

3. Food

This is perhaps the most important part for any summer barbeque. It is important to select good quality meat, vegetables and oil. The oil is very important for coating your vegetables and Little Village advises using Vegetable, Rapeseed or Sunflower oil. The right choice of vegetables will prove a tasty addition to the barbeque grill and Little Village would recommend buying some peppers, corn, sweet potato, aubergines, onions and why not try mushrooms. Finally, to the most important part of any barbeque – MEAT! Use a skilled butcher such as Ethersons in Castleknock for some fabulous meat. Little Village recommends taking a trip to your butcher and asking the experts which cuts of steak, chicken, lamb or pork are best for your barbeque. Tell them Little Village sent you!



Little Village SPICY BURGER

Ingredients

800g of Irish mince beef.
16 cream crackers (smash these up!!)
2 shallots
2 teaspoons of American style mustard
4 teaspoons of Franks wings chilli sauce
8 smoked rashers
2 medium eggs
4 large tomatoes
8 burger buns
Olive oil

Method

Be warned, your hands will get sticky, and this will get a bit messy but it will be well worth it!

1. Put the crackers in a food bag and begin to smash them into tiny little pieces.
2. Put the mince beef, the mustard and crackers into the Pyrex bowl.
3. Crack in the two eggs and add salt and pepper.
4. Use your hands to mix everything together (sticky I know!!). The eggs will allow everything to stick together.
5. Using your hands, divide into 8 burgers and place to one side.
6. Slice your tomatoes and cheese into thin slices (be careful using the knife)
7. Make sure the barbeque is ready outside and place your burgers on the barbeque, keeping an eye on them and remember to turn the burgers when needed.

So, get outside, fire up the barbeque and take a trip to your local butcher to pick up the finest meat for you and your guests to enjoy.

Garden trends for 2023

By Ellie Reeves Reproduced from B&Q



What's flourishing in the world of gardening?

As we gear up for the next gardening season, we've put together a list of trends set to take your gardens by storm in 2023. Whether you want a peaceful place for reflection or a productive plot for growing – our gardens are forever moulding to our changing needs and wants. From quaint cottage gardens to growing your own fruit and veg, carry on reading for the lowdown on the biggest garden trends for 2023.

Charming cottage gardens

Cottage gardens are a breath of fresh air in a world of structured landscapes. If you're looking for an outdoor space that is charming, romantic, and eclectic, then you're in luck – cottage gardens are on the rise.

They have a vivid history, dating back to Medieval England when families used to grow a little bit of everything to feed the household. Flowers, herbs, fruit trees, and vegetables were all mixed in a small plot of land. Today, cottage gardens are appreciated for their relaxed style. They encourage a carefree approach to gardening, with pathways winding through beds overflowing with colourful blooms.

Whether you're a gardening pro or just starting out, creating a cottage garden is a fun way of bringing beauty to your outdoor space.

Alternative lawns: goodbye grass

At B&Q we're embracing the growing trend of alternative lawns. Gone are the days of mowing and watering your grass only for it to still look patchy and dull. Choosing an alternative lawn removes the need for mowing, scarifying and weeding - saving you time for other garden activities, such as tending to your vegetable patch or simply soaking up the sunshine. The local wildlife will be thanking you as well!

Traditional grass lawn alternatives

- Hardy low growing plants such as clover, creeping thyme, Corsican mint or sedum.
- A moss lawn is perfect for those who prefer an earthy look.
- Bring colour into your garden and grow a beautiful wildflower meadow.
- If you have a small garden, you could use gravel, mulch, or bark to cover any empty spots.

Multipurpose garden rooms

Garden rooms are no longer just a place to relax and enjoy your morning coffee. They've become an extension of our homes. As we continue to blur the lines between work and leisure, garden rooms are growing in popularity. If you need an extra room in your home, a multipurpose garden room is an affordable way of gaining more space. As opposed to pricier solutions such as moving home or undergoing an extension.

With more and more people choosing to work remotely, a garden room can be transformed into a dedicated workspace away from the distractions of homelife. As well as an office, you could use a garden room to create your own yoga studio, music room, art studio, playroom, or even a home cinema. The possibilities are endless!

Making your garden more eco-friendly

The world is changing, and so are our gardens. Gardening has always been a wonderful way to connect with nature. With the increasing threat of climate change, it's important to think about using more sustainable gardening methods. From using less water and creating more plant diversity to choosing ethically and locally sourced materials, there are so many ways to create a harmonious garden.

Zen gardens

These peaceful gardens have been a staple of Japanese culture for centuries – they were originally a place for monks to reflect on the Buddha's teachings. In today's fast paced world, our gardens are a respite from our hectic lifestyles and busy schedules. More and more of us are embracing zen gardens for their serene beauty and calming effects.

Spending time in a natural environment can have a positive effect on mental health and wellbeing. If you live in a bustling city, a zen garden is a way to escape the chaos of the city and connect with nature. Plus, the process of looking after a zen garden is fantastic for the mind. Raking sand or gravel to create patterns is a meditative activity that can help reduce stress and promote mindfulness. So, if you want a place to stop and be still for a moment, consider creating an oasis of calm in your garden.

Going peat free

There's a new trend taking over the gardening world; going peat free. That's right, it's time to say goodbye to peat and hello to more sustainable gardening practices.

Peatlands create bogs and wetlands, providing unique ecosystems for a diverse range of wildlife. Peat bogs are a critical habitat for many species of plants and animals. The harvesting of peat for gardening purposes has a devastating impact on these ecosystems. At B&Q, we're committed to moving away from peat in our products, as peatlands are vital in helping to protect natural habitats and tackle climate change. We've led the industry in this area for over 30 years, since 1991, when we first introduced peat-free compost. We stopped selling 100% peat in 2008 and introduced a range of peat-free bedding plants in 2014 and further peat-free grown ranges since then.

Xeriscaping: water-wise gardening

Xeriscaping is a technical term for water-wise gardening. It's the perfect solution for those who don't want the hassle of constant watering. This gardening movement involves using native and drought tolerant plants which don't require loads of water. Other

water-saving techniques include using mulch to retain moisture, creating raised garden beds to improve soil drainage, and installing a water butt to collect and store rainwater.

As the summer months continue to get hotter in the UK & Ireland, we can foresee more people looking for ways to use less water in their gardens. Not only will you be reducing your water usage and saving on bills, but you'll also be doing your part for the environment.

No-dig gardening

The recent rise of the "no-dig" method is changing our approach to gardening, offering a more sustainable and low-maintenance way of growing fruit and veg. If you don't know what it is yet, it's a method of growing crops without disturbing the soil structure. There are loads of benefits to no-dig gardening, including soil conservation, reduced weed growth, increased water retention, and improved soil fertility. The no-dig method creates a carbon and fungi-rich soil resulting in organic fruit and veg that tastes delicious!

Growing your own fruit and veg

People are turning to their own gardens to grow fruit and vegetables. Growing your own produce gives you access to fresh food, and you can be confident that what you're eating is free from harmful chemicals. What's more, you'll save yourself a trip to the supermarket!

Whether you have a small or large garden, there are plenty of ways to create your own vegetable patch – and it's easier than you might think! All you need is a sunny spot, compost, and some seeds.



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UNISON FESTIVAL

Little Village Magazine congratulates Fingal County Council on the successful hosting of the inaugural Unison Festival in Balbriggan and Blanchardstown on the 8th and 9th of July respectively. The events were well attended and enjoyed by residents. We congratulate Councillor JK Onwumereh for initiating this festival through his timely motion in the Council Chambers on the 13th of June 2022. The success of the events affirms the vision and timeliness of establishing “a Fingal wide festival to foster inclusion, integration and cohesion among residents and to celebrate the rich diversity in Fingal.”



In attendance were the Mayor of Fingal Cllr Adrian Henchy, MEP Barry Andrews, Cllr Grainne Maguire, Cllr Tony Maguire, Cllr Mary McCamley, Cllr Tanya Doyle and many other public representatives, performers, and festival revellers.

Councillor JK Onwumereh welcomes the installation of exercise machines in Dunsoghly Estate

Councillor JK ONWUMEREH

Your Fianna Fáil Councillor for Mulhuddart, Corduff, Waterville, Tyrrelstown, Hollystown, Meakstown, Lanesborough Communities.
(Blanchardstown – Mulhuddart LEA)



I am delighted to share in the joy of residents of the Dunsoghly Estate in Finglas Dublin 11 on the installation of a number of Callisthenics equipment in the green area of the estate. The delivery of the exercise machines was at the instance of a motion I moved in the Council Chamber on the 22nd of September 2022. The brand-new equipment will no doubt increase opportunities for residents to take part in fitness and recreational activities.

I am looking forward to the installation of additional “playground/outdoor gym equipment in the existing green area of the estate which would provide the residents with a vital play area and community fitness equipment for their considered wellbeing whilst redirecting the green open space to a more productive amenity.” I am grateful to the Parks & Facilities departments for the installation and looking forward to more deliveries as part of the 2024 programme of works.



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DISCOVER

The Liffey Valley Trail

Stretching from Farmleigh in the Phoenix Park through the villages of Castleknock, Clonsilla, Blanchardstown and Mulhuddart, discover 29 intriguing places of interest, featuring a rich diversity of historic sites, castles and gardens, visitor attractions, waterways, shopping and many recreational activities, all here in the Dublin 15 area.

*Plan your trip today at **Fingal.ie/Visitor***

GETTING THERE BY BUS:

No. 37, 38, 39, 39a from the City Centre.

No. 239 from Blanchardstown Centre to Liffey Valley.

New PEUGEOT 408 is a Redefined Family Car

by Declan Glynn

When you feast your eyes on the all-new Peugeot 408, you may wonder is it a family hatchback, an executive saloon, or a coupe-SUV? While the stunning 408 could fit comfortably into any of the three categories, it is described by Peugeot as a 'dynamic fastback' saloon that sits between the 3008 SUV and the 508 large family saloon in their current model line-up. The striking shape of the new Peugeot 408 is characterised by its dynamic inspirational stance, and its modern elegance makes it stand out on the road. With ground clearance raised but height retained, its sporty design and fluid lines emphasise its aerodynamic qualities.



Latest Evolution Platform

Underneath the ground-breaking exterior design of the new 408 lies well-proven technology. The car sits on the latest evolution of the EMP2 platform, and is powered by pure-petrol (PureTech) and plug-in hybrid (PHEV) powertrains for now – all of which are linked exclusively to an eight-speed automatic (EAT8) transmission. A fully-electric (EV) version of the new 408 is due to be launched soon, and this will complete the powertrain offerings, as diesel power has been consigned to the history books. With an overall length of 4.69m and a long wheelbase of 2.79m, the new 408 has a remarkably spacious second row, with 188mm of legroom on offer, enabling up to 5 occupants to travel in supreme comfort. Boot space is equally impressive, with 536-litres available behind the rear seats, and up to 1,611-litres available when the rear seats are folded down.

Dynamic Design, Impressive Spec.

The 408's long bonnet is flanked by raised wings that integrate seamlessly, and the dynamic front grille (body-coloured on GT models) features the new Peugeot badge identity. The black decorative scoops surrounding the 'fang-lights' emphasise the robustness of the front end. The rear of the car features inverted cut-out's in the bumper, and 'cats ear' shapes at the back of the roof direct the air flow around the car for optimised aerodynamics. Additionally, robust black wheel arch and lower door protectors not only provide terrific visual drama, but they also offer an enhanced feeling of safety. The new 408 is available in Allure, Allure Pack and GT trim levels across both PureTech and PHEV powertrains and, as we have come to expect from Peugeot, all trim levels are very well equipped in terms of standard specification, safety, comfort and driver assistance systems. The latest-generation PEUGEOT i-Cockpit™ adorns the 408's spacious cabin, and the compact multi-function steering wheel, 3D instrument unit with 10" digital display and 10" HD central touch-screen (model dependent) offers high-quality ergonomics and technology. A full suite of driver assist systems enhance occupant comfort and peace-of-mind when on the move, and the 408 also comes with the reassurance of a five-star Euro NCAP safety rating.

Car on Review

My review car was a new 408 GT 1.2-litre PureTech 130PS which looked exquisite in its Nera Black metallic paintwork and contrasting 19" diamond-cut alloy wheels. The 3-cylinder petrol engine is quiet and enthusiastic in equal measure and, with an official WLTP fuel efficiency figure of 5.9l/100km on a combined driving cycle, it is frugal too. The eight-speed automatic transmission (EAT8) helps the 408 to maintain its smooth and refined nature whether it is weaving through congested city streets or cruising at motorway speeds. A drive mode selector button next to the gear selector enables drivers to choose between Eco, Normal and Sport modes for a more personalised driving experience. The car pulls cleanly away from a standing start, and the car feels supple and composed at all times. The small steering wheel does give the new 408 a sporty feel, and the steering responses are quick and direct, but Peugeot has managed to mix sportiness with a comfortable ride quality too. There is plenty of grip in corners, and minimal amounts of body roll, while the car glides over rough roads in a relaxed manner. Key standard features in top-spec GT trim include rear privacy glass, a 180-degree colour reversing camera with front & rear parking sensors, keyless entry, push-button start, multi driving mode selector, 19-inch alloy wheels, gloss black rear cluster connecting strip, Connected 3D Navigation, PEUGEOT i-Connect (activated by using "OK PEUGEOT"), wireless Android Auto and Apple CarPlay™, driver and front passenger comfort seats, high beam assist, and signature LED daytime running lights, along with Active Safety Brake, and a Drive Assist Pack consisting of Rear Cross Traffic Alert, Adaptive Cruise Control with Stop & Go function, and Long Range Active Blind Spot Detection.

Verdict & Pricing

The new PEUGEOT 408 is a distinctively-stylish, comfortable, spacious and dynamic family car that is sure to find favour with buyers who appreciate all that the 408 has to offer.

The new 408 is priced from €39,995 and is on sale now.

Windsor
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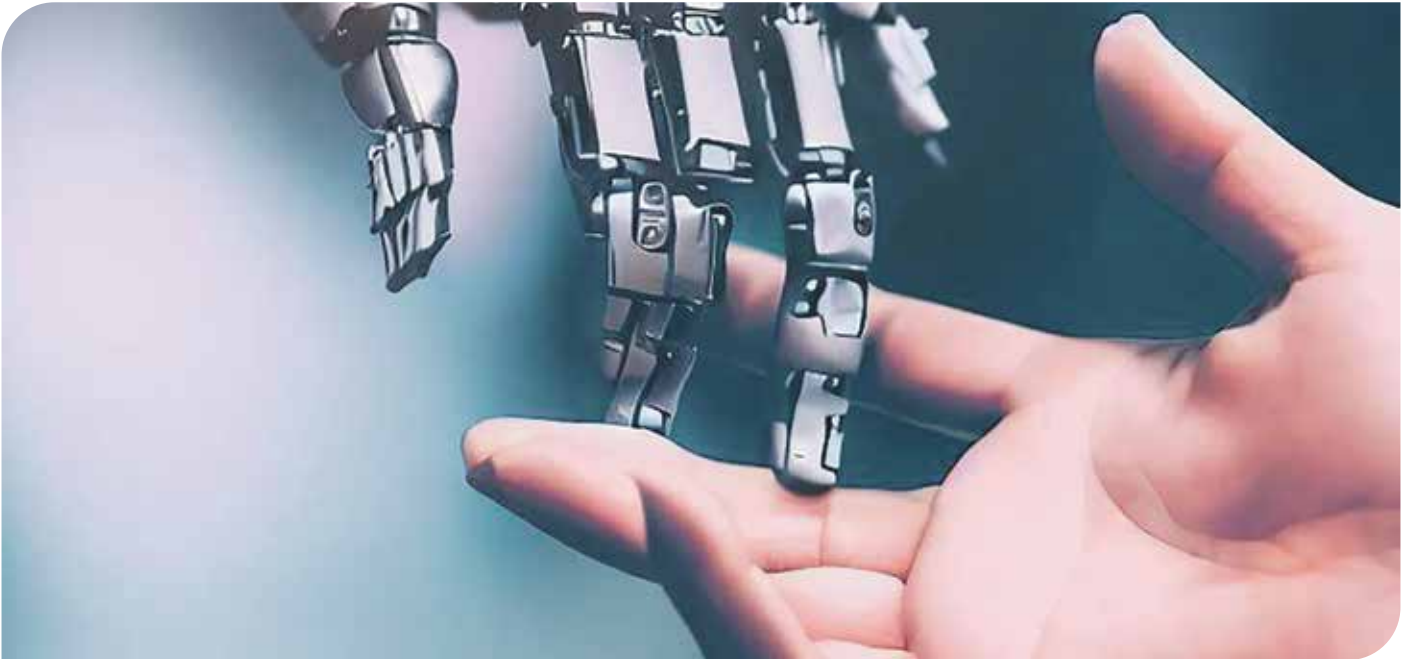
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Is Artificial Intelligence a threat to humans?



Whether AI is a threat to humans is a complex question that has been debated by experts for many years. There are certainly some potential risks associated with AI, such as the misuse of AI for malicious purposes, the loss of jobs due to automation, and the potential for AI to become so intelligent that it surpasses human intelligence and control. However, there are also many potential benefits to AI, such as its ability to solve complex problems, improve efficiency, and create new opportunities.

Ultimately, whether AI is a threat to humans depends on how it is developed and used. If AI is developed responsibly and used for good, it has the potential to greatly benefit humanity. However, if AI is developed irresponsibly or used for malicious purposes, it could pose a serious threat to our existence.

Here are some of the potential threats and benefits of AI:

Threats:

AI could be used to create autonomous weapons that could kill without human intervention.

AI could be used to manipulate people and spread misinformation

AI could lead to mass unemployment as machines become capable of doing more and more jobs.

AI could become so intelligent that it surpasses human intelligence and control, leading to a scenario

known as “superintelligence.”

Benefits:

AI could be used to solve complex problems that are currently beyond human capabilities.

AI could improve efficiency and productivity in many industries

AI could create new products and services that improve our lives.

AI could help us to understand the world around us better.

It is important to note that these are just some of the potential threats and benefits of AI. The actual risks and benefits of AI will depend on how it is developed and used.

It is essential that we have a thoughtful and informed discussion about the future of AI so that we can ensure that it is used for good and not for harm.



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ORA Funky Cat EV is more than just a car

by Declan Glynn



The 100% electric ORA Funky Cat is a stylish and tech-filled small family hatchback that is now on sale in Ireland. ORA is part of the Chinese multi-brand Great Wall Motor (GWM) empire, and having the expertise of the largest manufacturer of SUVs in mainland China behind it, ORA promises to be a force to be reckoned with in the ever-increasing EV market. ORA's car's invite everyone to get to know them with playful, curvilinear bodies that feel like a smile rather than the aggressive, sci-fi curves of many all-electric rivals.

Facial Recognition Software

The Funky Cat (and all future models from ORA) want to get to know the driver with voice and facial recognition software so that all you have to do is slide in, fasten your seatbelt and begin your journey. To keep occupants safe on a journey, the Funky Cat is packed with next-generation driver-assistance systems, such as a 360-degree camera to see places drivers can't. As a result, the Funky Cat reaped a five-star rating in the NCAP safety test, and was awarded the title of the 'Safest Small Car'. The overall length of the Funky Cat is 4.23m, so it is a similar size to the Mini Countryman, VW ID.3 and MG4 EV, and its 2.65m wheelbase provides occupants with decent amounts of head and leg room. Boot capacity measures in at 228 litres behind the rear seats, with up to 858 litres on offer when the rear seats are folded down.

Two Trim & Battery Options.

There are two battery-equipped trim variants in the ORA Funky Cat line-up. The entry-level 300 PRO has a 48kWh battery capacity that provides a driving range of up to 310km, while the top-spec 400 PRO + comes with a larger 63kWh battery for a range of up to 420km on a WLTP combined driving cycle. Both trim variants produce 171PS and 250Nm of torque, and the power is sent to the cars' front wheels. Key standard 300 PRO specification includes quilted leatherette seats, electric front seats, power-folding door mirrors, 18-inch alloy wheels adaptive cruise control, 360-degree surround camera, wireless phone charging, auto LED headlights with high beam assist, blind spot detection, traffic jam assist, lane keep assist, lane centring function, rear cross traffic alert & brake, keyless entry & start, auto A/C, voice & facial recognition, reversing camera, rear parking sensors, satellite navigation, and a 10.25" digital instrument cluster, along with a 10.25" touchscreen display. Upgrading to the 400 PRO + variant will bring with it an opening panoramic sunroof, power tailgate, heated & ventilated front seats, massage function on front seats, memory function on electric driver seat, heated steering wheel, rear privacy glass, front parking sensors, and auto park assist. There are four exterior colour

options to choose from, along with the option to have a contrasting roof colour. In a similar fashion, buyers can choose an interior trim colour for ultimate personalisation. The Funky Cat can be charged via a 7kW domestic wallbox (15-80%) in around 3h 15m (300 PRO) or 4h 20m (400 PRO+), with a 20-80% charge at a DC fast charging station taking just 39 minutes for the 300 PRO and 45 minutes for the 400 PRO + model.

Car on Review.

My review car was a Funky Cat 400 PRO + in Celestial Blue with a contrasting white roof and door mirror casings. With 171PS and 250Nm of torque on offer, the car can complete a 0-100km/h sprint in just 8.2-seconds and it can reach a top speed of 160km/h (where the law allows). Electric vehicles (EVs) benefit from an instant surge of power from a standing start, and the Funky Cat is no exception, as it pulls away smoothly and with great urgency. The well-judged suspension soaks up road imperfections with ease, making it one of the more comfortable EVs in this regard, while light steering makes parking manoeuvres a simple task. The car has a single pedal driving mode that proves very useful in city traffic, as the regenerative braking can stop the car without the need for driver input, and the energy normally lost through braking is returned to the battery to enhance the driving range. The dashboard in the Funky Cat is covered in soft and supple materials that provide a premium look and feel.

Conclusion & Pricing.

The ORA Funky Cat is distinctively styled inside and out, and it has a relatively plush interior that can accommodate up to five occupants. Excellent levels of standard equipment across both trim variants, along with a comfortable driving experience and cutting-edge safety tech provide the Funky Cat with commendable likability. The 300 PRO is currently priced at just €33,495 with the top-spec 400 PRO + priced at €41,495 (inclusive of an SEAI Grant of €3,500 for private buyers).

Accelerated Delivery Of The N8 Orbital Bus Route Is Vital

By Councillor Pamela Conroy

The development of efficient and sustainable transportation systems is crucial in the face of the escalating climate crisis. In Dublin, the N8 orbital bus route holds significant importance, particularly in establishing a direct link between Dublin 15 and Dublin Airport.



During a recent area committee meeting, my motion, “That the Chief Executive writes to the National Transport Authority to request that they prioritise delivery of the N8 orbital bus route which will provide a sustainable transport option for residents in Dublin 15 accessing Dublin Airport” was agreed. It is vital that the NTA prioritise this project which is currently scheduled for delivery in 2025. The N8 orbital bus route will serve as a beacon of sustainable travel, address parking challenges at the airport, and greatly enhances the overall accessibility of the region.

Dublin 15, one of the fastest-growing areas in the city, currently lacks a direct transport link to Dublin Airport. The absence of this crucial connection poses numerous challenges for both residents and businesses in the region. The N8 orbital bus route bridges this gap, offering an efficient and seamless commute for passengers traveling between Dublin 15 and the airport.

Dublin Airport is a bustling hub that caters to millions of travellers annually. However, the exorbitant parking charges imposed at the airport create a financial burden for passengers. Instead of building more car parks at the airport, or introducing a parking charge cap, the prompt delivery of the N8 orbital bus route will offer a cost-effective and practical alternative, enabling travellers from Dublin 15 to reach the airport without the hassle of expensive parking. By reducing

the reliance on private cars for airport transportation, this bus route will alleviate traffic congestion around the airport and contributes to a more efficient and sustainable transport network.

At a time when our planet is facing an urgent climate crisis, sustainable travel options are no longer a luxury but a necessity. The N8 orbital bus route will play a pivotal role in promoting environmentally friendly commuting by encouraging people to choose public transportation over private vehicles. This initiative, unlike increasing car parking at the airport, aligns with Ireland’s commitment to reducing carbon emissions and contributes to sustainable development goals. By providing a convenient and efficient public transport connection, the route can significantly reduce the number of cars on the road, consequently mitigating air pollution and greenhouse gas emissions.

The delivery of the N8 orbital bus route is not just a matter of convenience but a crucial step toward a sustainable future. Accelerating its implementation is a responsible decision that aligns with Ireland’s commitment to reducing carbon emissions, addressing parking challenges at Dublin Airport in an environmentally friendly manner, and enhancing accessibility for all residents. My agreed motion serves as a testament to the urgent need for this crucial link in Dublin’s transportation network. It is vital that the NTA deliver the N8 orbital bus route before 2025.

PARK RUN

Blanchardstown's hidden gem for runners and walkers at the Sport Ireland Campus

Do you know the hidden gem that is the parkland at Abbotstown House on the Sport Ireland Campus? This green oasis bordered by the N3 and M50 is a haven of green tranquility close to Blanchardstown village. And every Saturday morning at 9:30 a group of local volunteers host a free 5km parkrun there. parkrun is a community event where you can walk, jog, run volunteer or spectate.

The course is on the grass and woodland trails of the international cross country course where the European Championships were held in 2021. On any Saturday morning you will see people of all ages running and walking the course. Some bring their dog, other energetic parents push buggies. Everyone is welcome to come along; parkrun is positive, welcoming and inclusive. There is no time limit and no one finishes last.

The local team of volunteers who started the parkrun at the Sport Ireland Campus in October 2021 always welcome newcomers. To join in simply register at <https://www.parkrun.ie/register/?eventName=sportirelandcampus>. You only need to register once whether walking, jogging, running, volunteering or a combination. And yes, some people do the parkrun and volunteer on the same day.

So far, over 1,200 runners and walkers have completed a parkrun at the Campus. Some are occasional parkrunners and others return week after week to do the 5km and to meet up for a chat. Most weeks there are sixty to seventy participants and volunteers mostly from around Dublin 15 but visitors from as far away as Australia have popped by for a run.

The entrance to the Sport Ireland Campus is on the Snugborough Road and there is loads of parking right beside Abbotstown House.



More information is available at the website:
<https://www.parkrun.ie/sportirelandcampus/>



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David Bredin



I spoke to Jason and emailed him before and after the install and have to say he is a very courteous person. We got the hot water boiling tap and the water filtration system installed and cannot be more happy for the moment. We had dreadful limescale and although it is not completely gone, I would say it's a good 90-95% eliminated, which is a huge improvement. The water also tastes great.

Jason is already ready to answer any question and we found his prices to be very reasonable. Also his installer was also very professional and cleaned up after himself.

R M N



Have recently installed water softener with profine filter in Belinwoods, we got a group discount which was nice. Installer was able to move pipes slightly to fit the softener and explained why he was doing it. Overall happy with the performance of softener. Would highly recommend.

Conor William Callaghan



They were very professional and fitted the system well. I had a small space in which to place the water system, but they were able to fit it in and rebuilt shelves under my sink to accommodate the unit. Overall very happy with the service.



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